What is claimed is:

- 1. A silicon spring electrode comprising:
- a part having a bending leaf spring shape formed out of a monocrystal silicon by anisotropic etching; and
 - a conductive layer formed on the surfaces of said silicon spring electrode.
 - 2. The silicon spring electrode according to claim 1, wherein: said bending leaf spring shape shows a continuous ring-like shape.
- 3. The silicon spring electrode according to claim 1 or claim 2, wherein: said conductive layer is a gold plated layer.
 - 4. An anisotropic conductive sheet comprising:
 - a soft plastic sheet;

through holes formed on said soft plastic sheet; and

- silicon spring electrodes specified in any one of claims 1 to 3 fixed to said through holes.
 - 5. An anisotropic conductive sheet comprising:
 - a plastic sheet molded from a soft plastic material; and

silicon spring electrodes specified in any one of claims 1 to 3, wherein:

- said silicon spring electrodes are inserted beforehand in a die assembly for molding said plastic sheet.
 - 6. The anisotropic conductive sheet according to claim 4 or claim 5, wherein:

said soft plastic is a silicone resin.